WAVE VI: PROSPECTING

Everyone has their own mine in which to dig for elusive treasures; a „mine of the mind." The Prospecting tapes provide the tools to dig for that diamond of thought, golden recognition, emerald feeling, or artifact of knowledge which is important to your personal growth. As in the old gold rush days, you can experience „the find" and capitalize on your unique and inborn treasures. The hunt can he almost as much fun as the discovery. [Author ID1: at Sat Nov 16 08:14:00 2002]Prospecting will provide you with further experiences in Non-Verbal Communication (NVC). The Metamusic is designed to take you one step further with NVC. But don'[Author ID1: at Sat Nov 16 08:14:00 2002]t take our word for it - stake your own claims and find the rich veins waiting for you as you go prospecting. As with Exploring, there are no verbal instructions. Resonant Tuning sounds are still included to help you complete the preparatory process. Then the Hemi-Sync frequencies will gently guide you in creating different states of consciousness.
It is important that you have completed all previous Gateway Experience Waves of Change exercises. Any use of these exercises 4vithout such prior experience is not recommended.

Prospecting #1: Metamorphosite
The prospecting is good at this site. You'[Author ID1: at Sat Nov 16 08:14:00 2002]re hunting the gems of metamorphosis, of change. This tape is designed to create at the mental level the changes that you desire. Therefore, mentally set your goals before you begin the tape. After completing the preparatory process, go to Focus 10 or Focus 12 (whichever seems right for you). Use patterning to bring about the changes you have set for yourself. The Hemi-Sync sounds will assist you in returning.

Prospecting #2: Bio-Body
With this exercise, you will explore the treasure trove that is your physical body. Perform the preparatory process, and go to the Focus level that is most comfortable to you. Then, begin a thorough examination of your physical body and its rhythms using the appropriate tools (such as your Living Body Map and Energy Bar Tool). The more you use this exercise the more familiar you'll become with your physical being. As a result, you'll be better able to maintain or restore optimum physical balance and well-being.

Prospecting #3: Null Point
This exercise can lead you to a rich and lasting gold vein in the mine of your mind. This vein was unearthed in our laboratory while working with test subjects. Our laboratory, instruments suggest that the Null Point is where the body'[Author ID1: at Sat Nov 16 08:14:00 2002]s electric polarity shifts into a neutral phase. Our subjects have found

that the Null Point provides a useful „window" for heading in any direction of mind activity. At the Null Point, you may purposefully decide exactly what to explore. [Author ID1: at Sat Nov 16 08:14:00 2002]To reach this state of pure potential, after completing the preparatory process, go to Focus 10, then to Focus 12. Then the Hemi-Sync signals can guide you beyond Focus 12 to the Null Point.

Prospecting #4: Plus Polarity

Strike it rich! The purpose of this exercise is to lead you through the Null Point to the opposite polarity from where'[Author ID1: at Sat Nov 16 08:14:00 2002] you started. Various studies indicate there is reason to believe that the body'[Author ID1: at Sat Nov 16 08:14:00 2002]s polarity routinely shifts from positive to negative and back again in cycles. Our research suggests that a deliberate shift in polarity indicates that one is experiencing a change in consciousness. We have observed that such a shift indicates a substantial change from C-1 awareness to nonphysical awareness.

Go from the preparatory process to Focus 10, then to Focus 12. Allow the frequencies to assist your shift in polarity. Pay attention to subtle changes in your awareness. Notice if you recognize more aspects of nonphysical energy. As with all the tapes in this home-study course, the Hemi-Sync signals will bring you back to your starting point.

Prospecting #5: Near Reaches

Stake your personal claim in the physical universe. Complete the preparatory process and go on to Focus 12. Passing through the Null Point in this exercise can lead, you to discover untold treasures in and of time and space.

Prospecting #6: Far Reaches

What'[Author ID1: at Sat Nov 16 08:14:00 2002]s farther than the vast reaches of the physical universe? The infinite nonphysical energy systems that go beyond time and space. From the preparatory process, Focus 10, and Focus 12, pass through the Null Point and begin your hunt. Dig deep. Soar high. You'[Author ID1: at Sat Nov 16 08:14:00 2002]re now beyond words. [Author ID1: at Sat Nov 16 08:14:00 2002]All that you have learned through your Gateway Experience has prepared you for your journeys.

ENCODING INSTRUCTIONS

To encode is to establish a specific signal, or trigger, that brings about a specific occurrence. During the tape exercises, you will mentally create a trigger (a thought pattern) that symbolizes the desired outcome. Most of these encodings incorporate a specific physical action, such as a breath or hand movement, that reinforces the mental trigger. This encoding signal is inserted into, and works with, various levels of your consciousness. As a result, your total self responds to the signal, bringing about the

desired effect. The more you use these encodings in C-1, the more powerful and effective they become. [Author ID1: at Sat Nov 16 08:14:00 2002]

Awake and Alert (Discovery #2)
To become physically wide awake and alert, touch the fingers of your right hand to the back of your neck and repeat the number one in your mind. [Author ID1: at Sat Nov 16 08:14:00 2002]Energy Food (Threshold #4, Freedom #5)

To receive, convert, and store fresh new energy, close your physical eyes, extend your physical hands outward palms up, then inhale deeply and hold your breath for a moment. Think of pure, white energy flowing from above into your palms, through your arms into your total self. Exhale and open your eyes.

Focus 10 (Discovery #3)
To move to Focus 10 (mind alert and body deeply asleep), inhale sparkling energy, say in your mind or think the number ten, exhale, and you will be in Focus 10.

Focus 10 (Threshold #5)
To move to Focus 10, close your eyes and count slowly from one to ten. You will then be in Focus 10.

Focus 12 (Threshold #1)
To be in Focus 12 (expanded awareness) from Focus 10, count from ten to twelve, and you will be in Focus 12.

Healing (Threshold #4)
To bring any part of your physical body to a normal, healthy, balanced, operating condition, close your eyes and inhale. Hold your breath and think of the cool energy of purple. Send that energy to that part of your physical body requiring help and say in your mind, „Heal, balance."

Memory (Discovery #2, Threshold #5, Freedom #2) To remember any part of your life experience, close your eyes and softly touch the fingers of your right hand to the center of your forehead. [Author ID1: at Sat Nov 16 08:14:00 2002]

Patterning (Threshold #4)
To set a pattern, go to Focus 12 (see „Focus 12" encoding) and think of the pattern you desire. Build it carefully in your mind. Then release it strongly and surely into all areas of your expanded awareness. [Author ID1: at Sat Nov 16 08:14:00 2002]

Physical Strength and Agility (Threshold #4) To perform a physical act with far greater strength, speed, and agility, close your physical eyes, inhale deeply, hold your breath, and think of the physical act to be performed, and then the strong color energy of red.

Problem Solving (Threshold #2)
To receive the best answer or solution to a problem, inhale deeply, pulling fresh energy into your physical head. Hold your breath, think of the number twelve, then the question or problem. Exhale and receive the answer or solution.

Relax (Threshold #6)
To relax and remove all harmful tension and emotion from your mind and body, think of the number ten, inhale deeply and exhale as if you were blowing out a candle.
Resonant Energy Balloon: REBAL (Discovery #3) To create your REBAL, inhale, and as you hold your breath, think of a bright moving circle with the number ten inside it. Exhale, letting the circle move down, around, and over you. You will automatically reabsorb your REBAL upon completion of any exercise, or by inhaling deeply and thinking of the circle moving back into your body. [Author ID1: at Sat Nov 16 08:14:00 2002]

Return to C-1 (Discovery #3)
To return to full, waking C-1 consciousness, think the number one, and move the fingers of your right hand. You will immediately be wide awake and refreshed.
Return to C-1 (Threshold #5)
To return to full, waking C-1 consciousness, close your physical eyes and breathe deeply as you count slowly from ten to one, and you will be wide awake and refreshed.
Sleep (Discovery #5)
To go into normal, natural, restful sleep, count slowly in your mind from one to twenty: When you reach the number twenty, you will be in normal, natural, restful sleep.
Stress Reduction (Threshold #4)
To reduce any emotional pressure throughout your total system, close your eyes and inhale deeply. Hold your breath and think of the calming, cleansing energy of green. Exhale, pushing all excess and harmful emotional charges down through your body and out through the soles of your feet.

QUESTIONS & ANSWERS
Here are questions frequently asked by Gateway Experience participants. In addition to the formulation of the Guidance Manual, the answers are the result of years of experience, inquiry, and research. „Questions & Answers" will supplement and reinforce your Manual instructions. [Author ID1: at Sat Nov 16 08:14:00 2002]During an exercise ...

Q: What should I do when various images or dream-like thoughts interfere with what I'[Author ID1: at Sat Nov 16 08:14:00 2002]m trying to do on a tape?
A: Do not suppress or force the images away; rather, acknowledge them without getting involved with them, otherwise you may fall into a sleep state. Look at them, then let them go. You can always go back to them later.
Q: I'[Author ID1: at Sat Nov 16 08:14:00 2002]m not able or willing to vocalize with the Resonant Tuning. I go into a very deep relaxed state and my mouth doesn'[Author ID1: at Sat Nov 16 08:14:00 2002]t seem to want to work. I either sing along in my head, click-out, or start some kind of thought dream: What should I do?
A: It is important to discipline yourself to participate in Resonant Tuning because this is a method which will help you perceive nonphysical energy, so that you can later control and use it. Resonant Tuning promotes an accelerated gathering of your vibrational energy while reducing internal dialogue. Discomfort about vocalizing with the tapes will eventually wane.
Q: When using the tapes, I am aware of a buzzing or pressure in my forehead and also an acceleration of my heartbeat. Is this normal? [Author ID1: at Sat Nov 16 08:14:00 2002]A: A light buzzing or pressure happens frequently to some people. It means that you are responding to the Hemi-Sync process. However, if you are experiencing a great degree of discomfort, you may have the volume too loud. For best results, the volume should be just loud enough for you to hear the verbal instructions. Remember, you are expanding your state of awareness; consequently, you are more conscious of your heartbeat, breathing, etc. This is a phenomenon common to the shift in energy levels such as the shift from Consciousness 1 to Focus 10. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: I don'[Author ID1: at Sat Nov 16 08:14:00 2002]t seem to feel the high energy states and have trouble visualizing what they should feel like.
A: Everyone perceives his/her experiences in a different way, so these high energy states will not necessarily be visual. Some people report seeing light, color, and form, but others quite frequently perceive sensations. You may experience vibration(s), or what seems to be an electric tingling or a shaking of your body, bed, or room. Some people hear a rushing sound, buzzing, voices, verbal messages, or even music. [Author ID1: at Sat Nov 16 08:14:00 2002]Others may just „know" when they have achieved these states. Just relax and observe your own perceptions without judging how you should feel. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: I continually fall asleep during the taped exercises. What can I do about this?
A; First, make sure you are rested before doing the exercise. Second, stretch lightly and splash your face and neck with cold water. Third, put the idea of sleep into your Energy Conversion Box. Fourth, if you are still falling asleep, try, sitting up during the exercise. And fifth, practice, practice, practice! It is through patience and continued practice that you learn to maintain the balance between deep relaxation and sleep.

Q: I'm having difficulty forming and controlling my Energy Bar Tool (EBT). [Author ID1: at Sat Nov 16 08:14:00 2002]Sometimes it switches to a triangle or seems to be an extension of my, own arm. Is this normal?
A: The Energy Bar Tool can take any shape which comes to your mind. It doesn'[Author ID1: at Sat Nov 16 08:14:00 2002]t have to be the same each time you use it and it can switch forms while you are using it. The purpose of the EBT is to focus and direct nonphysical energy. There are many uses for the EBT: healing (Threshold #G: Living Body Map on page 45), perceiving distant events and people (Freedom #2: Remote Viewing on page 53), or entering other energy systems (Threshold #5: Energy Bar Tool on page 44), to name a few. Your imagination is the only limit.
Q: Sometimes during a tape I feel. so much energy in my body that it actually gets uncomfortable and I want to come out of the tape. What should I do about this?
A: Realize that the energy you are feeling is second-state energy, the nonphysical energy which you first need to perceive before you can control and use it. Try to move the energy through your whole body - see if you can speed it up or slow it down; in other words, start controlling it. The fact that you are perceiving this energy is indicative that you are reaching an expanded state of awareness, of consciousness - which is exactly what you are striving for.
Q: I usually sleep on my side or stomach and feel insecure sprawled out on my back. Also, I cannot remain on my back very long without getting restless. What should I do?
A: You might try sitting upright in a comfortable chair or in your bed while listening to the tapes. Some people report that they prefer sitting up because they'[Author ID1: at Sat Nov 16 08:14:00 2002]re less likely to drop off to sleep. Also, if you have a comfortable set of „ear-bud" headphones, you might be able to arrange some pillows so that you can „ride the Waves" while lying on your side or stomach. Ear-buds are readily available at stores carrying stereo products.
Q: Even while in Focus 10, I am aware of my breathing. This makes it impossible for me to detach myself, or otherwise perceive the high energy states. Any suggestions?
A: This is a very normal reaction. Actually, it can enhance your experience if used in a positive way. It'[Author ID1: at Sat Nov 16 08:14:00 2002]s your breathing that helps charge you with energy (hence, the Resonant Tuning exercises) and prepares you for moving to high energy states. Be aware of what is happening to you and just let it be - don'[Author ID1: at Sat Nov 16 08:14:00 2002]t fight it. You can be aware of your breathing and of the taped exercise. You can always put the worries about your breathing in your Energy Conversion Box if it really bothers you. Once you convince yourself that breathing is a normal process and not a problem, the awareness of breathing should disappear by itself. Some even find their breathing or their heartbeat a comforting link to physical reality and then can move more confidently into other states of consciousness. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: During „Focus 12 Free Flow" I had a peak experience. How can I have this experience again?

A: Focus 12, the state of expanded awareness, offers many valuable insights. We recommend that you do not seek to repeat or regain peak experiences and make them „ordinary." These experiences are precious, and are to be treasured rather than captured. They are unique events. [Author ID1: at Sat Nov 16 08:14:00 2002]Rediscover their uniqueness in many forms. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: Thus far, I have not been able to visualize my REBAL energy coming from my head and bending around to my feet. I'[Author ID1: at Sat Nov 16 08:14:00 2002]m stuck. [Author ID1: at Sat Nov 16 08:14:00 2002]A: Remember that visualization is only one way of perceiving. Not everyone is adept at mental images. Perhaps you can feel or know that you are forming your Resonant Energy Balloon (REBAL). Imagine that you are surrounded by and filled with tingling, sparkling, brilliant bursts of energy. If you have practiced the technique often, you are possibly forming the REBAL without even being aware of it. „Popping" your REBAL frequently without using the tapes will strengthen it. The REBAL is an invaluable tool; use it often. (Please refer to Discovery #3: Advanced Focus 10 on page 25, for complete instructions.) Q: I would like a more extensive explanation of Non-Verbal Communication (NVC). I believe I'[Author ID1: at Sat Nov 16 08:14:00 2002]m beginning to understand it, but at first I felt quite frustrated.

A: Your frustration is understandable. Most of us are leftbrained (linear, verbal, etc.) in our orientation. NVC addresses right-brain functions (intuition, gut feelings, images) and is a way of communicating or understanding beyond verbalization. NVC implies a holistic communication based more on feelings and impressions. For example, a beautiful sunset could be described endlessly in words (the colors; the interplay of light, shadows, clouds, and landscape) without ever capturing the feeling it brings. With NVC, you can instantly comprehend all the physical, plus nonphysical information. Words never capture an NVC „thought-ball" without losing much of its essence in the translation. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: I have been using the tapes and do get some interesting things, but I would be more pleased if I knew that I was getting what was intended. [Author ID1: at Sat Nov 16 08:14:00 2002]A: As we review the mail that comes to the Institute and listen to your phone calls, one of the clearest messages that comes across to all of us is that no two individuals' experiences are alike. They range from the cosmic to the mundane, and yet are almost invariably of real meaning and significance to the person having the experience. If the instructions described what you should experience, you might discount an experience because it was not mentioned. Yet that experience might be a most meaningful event for you.

Q: While listening to your tapes, I experienced a flood of light. Is this light God?

A: The light (often accompanied by feelings of euphoria, a oneness with the universe, a sense of overwhelming love) is an experience that has been widely reported by explorers of higher consciousness and people who have had near-death experiences. A Buddhist might indicate he has seen Buddha; a Moslem, Allah or Mohammed; a

Christian might interpret this as the light of Christ. The Institute, understandably, does not endorse any particular religious interpretations. Whatever your religious background or training, seeing such a light can be a meaningful experience that may indicate that you are developing your potential on nonphysical levels. [Author ID1: at Sat Nov 16 08:14:00 2002]On using the tapes...
Q: How many times should I use each tape before going on to the next one? [Author ID1: at Sat Nov 16 08:14:00 2002]A: That can vary greatly with the individual. You should be familiar and comfortable with a tape before advancing to the next one. However, don'[Author ID1: at Sat Nov 16 08:14:00 2002]t feel you must master it completely. There may be challenges for an individual with a specific technique that can diminish or disappear with practice or exposure to a more advanced tape. Of course, don'[Author ID1: at Sat Nov 16 08:14:00 2002]t hesitate to review any of the tapes for reinforcement. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: Can my children use the tapes?
A: Many parents have had good results using Gateway Experience tapes with their children. We encourage parents to work with their children and to monitor their progress. Again, we leave it to the discretion of the parents whether or not to use the tapes with family members. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: I understand that after a while we really do not need the tapes to achieve different states of consciousness. How do I remember the Hemi-Sync signals?
A: It is true that with practice, you do not need the taped exercises to reach expanded states of consciousness. After you become proficient with an exercise, all you need to do is recall the sensations you experienced during what you consider to be your best, most effective response in the desired state. Simply take a deep breath and remember the state to trigger the change in consciousness. The more you perform this technique, the easier and more effective it will become. (Please refer to the One-Breath Technique on page 47.)
Q: Have any people reported obtaining worthwhile results with the use of marijuana or other drugs in conjunction with the tapes? [Author ID1: at Sat Nov 16 08:14:00 2002]A: We have had some reports from people who have used mind-altering drugs with the tapes. The results they have reported have been mixed, neither indicating that drugs added to nor aided their experiences. In any event, we strongly recommend not using drugs with the tapes. The tapes are training you to take control over your states of consciousness Drugs interfere with that control. In other words, the two are not compatible. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: The Gateway Experience tapes have changed my life, but my spouse doesn'[Author ID1: at Sat Nov 16 08:14:00 2002]t understand. Do you have any suggestions on how to convince someone who doesn'[Author ID1: at Sat Nov 16 08:14:00 2002]t want to experience the tapes that they are worth trying, or at least that they are not harmful? [Author ID1: at Sat Nov 16 08:14:00 2002]A: Whether we are talking about the tapes and programs of The Monroe

Institute or about any other self-awareness/ consciousness-expansion system or program, the rule seems to be that you cannot „force feed” the information. It is the individual'[Author ID1: at Sat Nov 16 08:14:00 2002]s own interest and desire that creates the enthusiasm for exploration that leads to success. With anyone (spouse, friends, children), what you demonstrate by your actions is much more forceful than any words you can say. You can show the benefits through your behavior if your spouse doesn'[Author ID1: at Sat Nov 16 08:14:00 2002]t want to discuss your experiences in depth. When you do talk about what you are doing, emphasize the nonthreatening aspects, see if you can find ways to relate your experiences to experiences your spouse has had, or those you have shared in the past. Perhaps you can find an individual tape such as Concentration, Catnapper, or Love Tennis that you can both use and then be able to talk about the benefits of Hemi-Sync in everyday life situations.
Q: I have a friend who has been meditating, practicing yoga, and working with other disciplines for years. Would the Monroe Institute tapes and programs have anything to offer him, or is he too advanced? [Author ID1: at Sat Nov 16 08:14:00 2002]A: We have had people with a wide variety of backgrounds enroll in both the Gateway Experience and the week-long Gateway Voyage. Long-term meditators may find that the Hemi-Sync signals produce states quite similar to or even identical with states that they have been experiencing. [Author ID1: at Sat Nov 16 08:14:00 2002]The differences, however, are found in (1) the ease of attaining that state (you put on the headphones and there you are); (2) the ease of maintaining the state (the Hemi-Sync signal is constant and does not waver with outside interruptions, so noises distract less and the attention is immediately refocused by the signal); and finally (3) the Hemi-Sync tapes provide tools and guidelines for exploration. [Author ID1: at Sat Nov 16 08:14:00 2002]Out-of-Body Experience ...
Q: I'[Author ID1: at Sat Nov 16 08:14:00 2002]m currently working with the Discovery album. What if I can'[Author ID1: at Sat Nov 16 08:14:00 2002]t get out of my body on tape #5 („Exploration, Sleep”)? Should I continue with tape #5 until I do, or after a reasonable time move on to the next tape? [Author ID1: at Sat Nov 16 08:14:00 2002]A: Not everyone will have a conscious out-of-body experience (OBE). It takes a lot of practice for most, and , many of us have hidden fears that hold us back. Also, if you try too hard for an OBE, the intense effort can become the very distraction that holds you back. Be nonchalant about OBEs. [Author ID1: at Sat Nov 16 08:14:00 2002]They are just a small part of our program of personal exploration and learning to expand consciousness. As long as you'[Author ID1: at Sat Nov 16 08:14:00 2002]re thoroughly familiar with tape #5, by all means go on to the next tape. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: Do you have any suggestions as to how to better control an out-of-body experience? Once I get out, I don'[Author ID1: at Sat Nov 16 08:14:00 2002]t know how to steer my thoughts. [Author ID1: at Sat Nov 16 08:14:00 2002]A: You can practice control of an OBE by setting a goal before you begin. [Author ID1: at Sat Nov

16 08:14:00 2002]Then you won'[Author ID1: at Sat Nov 16 08:14:00 2002]t need to decide what to do once you are out. You may want to „float," see a particular person, go to a destination, or contact a nonphysical entity. If an OBE happens spontaneously, remember that thoughts are action in the second-state (whatever you think, you do). At first it may be easier to think of a person and reach their energy rather than to attempt arriving at a geographic destination. Any time you wish to return, think of returning to your body and/or move a finger or toe and you will be back.

Q: If I have an out-of-body experience, can I cause my wife to have one? [Author ID1: at Sat Nov 16 08:14:00 2002]A: We have had reports that individuals have helped another person to get out-of-body. The method to accomplish this is unclear. It might be worthwhile to remember that it is Rober Monroe'[Author ID1: at Sat Nov 16 08:14:00 2002]s experience that most people probably have at least one out-of-body experience each night during their sleep, but they do not remember the experience in waking consciousness. You and your wife might both try patterning for synchronicity in your OBEs.

Q: Does astral projection/second body equal death/hereafter? What does a second body look like? Can one'[Author ID1: at Sat Nov 16 08:14:00 2002]s second body see another'[Author ID1: at Sat Nov 16 08:14:00 2002]s second body? [Author ID1: at Sat Nov 16 08:14:00 2002]A: Astral projection and death appear to have similar qualities. You might want to read Raymond Moody'[Author ID1: at Sat Nov 16 08:14:00 2002]s book, Life After Life, where many near-death experiences are related. The second body can take on different forms. It can look like a ball of energy, misty form, or appear to have a human form. People perceive it differently. It will usually appear to you in a form that you are comfortable with. Your second body can perceive another'[Author ID1: at Sat Nov 16 08:14:00 2002]s second body.

On the technical side...

Q: There'[Author ID1: at Sat Nov 16 08:14:00 2002]s noise on my tapes. They all have a hissing sound which I can only partially filter out with the Dolby switch an my stereo. Are my tapes defective?

A: No. The hissing or „tape noise" sound is intentional. It'[Author ID1: at Sat Nov 16 08:14:00 2002]s known as „pink sound" and provides a bed for the Hemi-Sync signals. Pink sound contains all the tones the human ear can perceive. The higher and lower portions of the sound have been compensated for in volume so you hear the entire sound equally-it helps the mind create or select sound to complete the Hemi-Sync process. DO NOT use Dolby or other noise-reduction systems as they interfere with the Institute'[Author ID1: at Sat Nov 16 08:14:00 2002]s sophisticated Hemi-Sync mastering process.

Q: There's no indication of right or left ear on any of the later tapes.
It is still important to have the headphones on correctly? [Author ID1: at Sat Nov 16 08:14:00 2002]A: No. On the earlier tapes, we make a distinction because of the design

of those tapes. However, the techniques and sound combinations on the latter tapes are more sophisticated, and do not require any right-ear/left-ear adjustment.
Q: Is the „clicking" sound on some of my tapes normal? [Author ID1: at Sat Nov 16 08:14:00 2002]A: No. If you are hearing disconcerting clicking or popping sounds on a tape (versus the „tape hiss" or „tooth brushing" of the pink sound), it may be defective. First, be sure the clicking is on the tape and not coming from your tape player. If you have a defective tape, return it to us for replacement. As soon as we receive it, we will send you a replacement at no charge.
Q: I find the recording level on the tapes is high and the VU needle on our cassette deck often kicks into the red area. Is this okay? [Author ID1: at Sat Nov 16 08:14:00 2002]A: Most recorded material will peak in the red area. This will occur more frequently with some cassette deck players than with others. As long as there is no distortion of the sound, it presents no problem. However, we do suggest that the Hemi-Sync exercises be listened to at a low level. It is better to have the volume too low than too high. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: What is the difference between hypnosis and Hemi-Sync? [Author ID1: at Sat Nov 16 08:14:00 2002]A: The term „hypnosis" is open to many interpretations. People often regard hypnosis as a process of being led into a state of high suggestibility and relinquishing control to the hypnotist. On the other hand, Hemi-Sync is designed to allow the individual to consciously control and manipulate his/her own states of awareness. With self-, or auto-, hypnosis the individual relaxes him/ herself, moves to a desired state of awareness, and consciously directs the exercise. Although similar in this regard, Hemi-Sync, with its special frequencies, assists the listener in achieving the desired state of consciousness much more quickly. (For more information on Hemi-Sync, please refer to Brain Power on page 8.) Q: Are Hemi-Sync tapes subliminal?
A: No. „Subliminal" implies that a specific verbal message (in the case of audio cassette tapes) is recorded below audible level and often at high speed. The intention is to imbed a particular thought in the mind of the listener. By comparison, Hemi-Sync signals, although recorded at a subaudible level, are not verbal messages and are not recorded at high speed. The intention of the Hemi-Sync signals is to assist the listener into a state of awareness conducive to the development of a self-directed experience. Several Hemi-Sync tapes contain sleep periods during which verbal guidance is recorded at a very low level so as not to awaken the listener. The script during these periods is a repetition of the information heard previously on the tape. [Author ID1: at Sat Nov 16 08:14:00 2002]Institute programs ...
Q: What are the differences in the Gateway Experience, the Gateway Voyage, and Guidelines?
A: The Gateway Experience is the home-study course based on the week-long Gateway Voyage. It is also used by those who have taken the Voyage and would like a refresher and/or reinforcement of the techniques learned - as well as for continued

exploration. Many of the Gateway Experience and Gateway Voyage tapes are the same. Both programs assist you in a wide exploration of consciousness. However, Gateway Experience tapes implement Focus 10 and 12, while participants in the Gateway Voyage also experience Focus 15 (No Time, No Space) and Focus 21 (Other Energy Systems) as well. [Author ID1: at Sat Nov 16 08:14:00 2002]Guidelines, a six-day Gateway graduate program is open only to those who have completed a Gateway Voyage. Guidelines utilizes all Focus levels, with a concentration of Focus 15 and Focus 21. At Guidelines, the emphasis is on learning more about guidance - in whatever manner guidance manifests to you personally.
Q: When will Focus 15 tapes be made available? [Author ID1: at Sat Nov 16 08:14:00 2002]A: (For those of you who have not experienced the weeklong Gateway Voyage, Focus 15 and Focus 21 tapes, which open areas of „no time" and beyond, are a highlight of the program.) At this time there are not even rumors that Focus 15 tapes might be made available outside the Institute. Those of you who have experienced them are undoubtedly aware of their potency, and remember the carefully controlled environment in which you listened to them here at the Institute or other training facility. We remind you also that once having used those tapes, the information and signals are in your mind; you can return to that level at any time you like, simply by remembering what Focus 15 or Focus 21 felt like. Equally important is to continue practicing the techniques you have learned. Just as people'[Author ID1: at Sat Nov 16 08:14:00 2002]s experiences with Focus 12 vary greatly, so does the experience of Focus 15. The intent and desire to go beyond Focus 12, to continue to expand and experience is what is needed more than a specific tape. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: What is the Personal Resource Exploration Program? [Author ID1: at Sat Nov 16 08:14:00 2002]A: The Personal Resource Exploration Program (PREP) provides individual sessions for self-exploration utilizing the Institute'[Author ID1: at Sat Nov 16 08:14:00 2002]s research laboratory isolation booth. These sessions, like the Explorer Program sessions, are facilitated by trained monitors and technicians. The combination of Hemi-Sync, the sensory-deprivation booth, biomonitoring equipment, and trained monitors guiding the exploratory process, all converge to produce a personal growth tool, par excellence. For more information, call or write the Institute. [Author ID1: at Sat Nov 16 08:14:00 2002]Q: I'm going to be in Virginia on my vacation and would like to stop by and see the Institute and find out what'[Author ID1: at Sat Nov 16 08:14:00 2002]s happening there. Where is Faber, Virginia?
A: The Institute is located in Nelson County, Virginia, about thirty miles south of Charlottesville. While we are always happy to meet our many friends of the Gateway Experience, there is not a lot for you to see here because of the nature of our work. Our administrative building is simply a very busy office as we process your orders, correspondence, and course registrations. Just up the road, the Residential Center, Laboratory, and Conference Center are restricted areas while programs are in progress.

(As I am sure you can understand by this time, silence is important.) One of the reasons for locating the Institute in this area is the fact that it is off the beaten track and therefore conducive to quiet and working with sensitive equipment.
After considering the above, if you would like to drop by for a visit, please phone ahead so we can schedule you an appointment with a staff member. Even better, instead of a visit to a rather typical office this year, why not plan to spend your next vacation here at a Gateway Voyage, Guidelines, or Human-Plus program? That'[Author ID1: at Sat Nov 16 08:14:00 2002]s the way to find out what'[Author ID1: at Sat Nov 16 08:14:00 2002]s happening here!

CONGRATULATIONS

You have completed the Gateway Experience, although „completed" is not really the appropriate word. As you know by now, this is a program one never totally finishes, since personal growth is an on-going adventure. [Author ID1: at Sat Nov 16 08:14:00 2002]You may continue to benefit from this in-home training system, developing and evolving your skills whenever you desire. As each exercise and Wave builds one upon the other, so can the entire Gateway Experience build upon itself. The results are cumulative. Your continued willingness to explore can repeatedly catapult you into new and exciting realms of awareness.